

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 01106, Milk, goat, fluid, with added vitamin D

Report Date: December 09, 2015 14:42 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	87.03	196	0.146	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	69	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	288	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	3.56	132	0.033	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	4.14	269	0.053	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	0.82	229	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	4.45	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	4.45	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2003
Minerals													
Calcium, Ca	mg	134	94	1.675	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.05	--	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	14	63	1.224	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phosphorus, P	mg	111	60	2.054	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	204	96	7.139	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	50	68	1.512	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	0.30	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.046	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	1.4	--	0.410	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	1.3	57	0.108	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

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Thiamin	mg	0.048	--	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.138	61	0.008	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.277	--	0.012	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.310	--	0.023	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.046	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	µg	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, DFE	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Choline, total	mg	16.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12	µg	0.07	--	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	57	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	56	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Carotene, beta	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	01077	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	198	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.07	--	--	--	--	--	--	--	--	Calculated or imputed	01077	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	1.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	1.3	--	--	--	--	--	--	--	--	Calculated or imputed	01077	02/2009
Vitamin D	IU	51	--	--	--	--	--	--	--	--	Calculated or imputed	01077	02/2009
Vitamin K (phylloquinone)	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	01077	01/2003
Lipids													
Fatty acids, total saturated	g	2.667	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.128	--	0.010	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
6:0	g	0.094	--	0.007	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	0.096	--	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.260	--	0.031	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.124	--	0.012	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	0.325	--	0.020	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	0.911	--	0.043	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	0.441	--	0.037	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	1.109	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.082	--	0.014	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	0.977	--	0.047	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.149	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.109	--	0.008	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.040	--	0.008	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol	mg	11	--	0.801	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Amino Acids													
Tryptophan	g	0.044	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Threonine	g	0.163	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	0.207	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	0.314	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	0.290	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.080	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cystine	g	0.046	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phenylalanine	g	0.155	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	0.179	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Valine	g	0.240	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Arginine	g	0.119	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	0.089	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	0.118	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	0.210	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	0.626	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.050	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Proline	g	0.368	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	0.181	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2001

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2001